

September - December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga Flow 7:05 – 7:50am Nov 1 – Jan 31			
All About Abs* 11:30 – 12:12 Sept 12 – Dec 19		HardCORE* 11:30 – 12:00 Sept 7 – Dec 21	Yoga Flow 11:30 – 12:12 Sept 29 – Dec 15	
Drop-In Spin* 12:15 – 1:00 Sept 12 – Dec 19	Power Cardio* 12:15 – 1:00 Sept 6- Dec 20	Buttkick Boot Camp 12:15 – 1:00 Sept 28 – Dec 14	Power Pump* 12:15 – 1:00 Sept 8 – Dec 15	Trim & Spin* 12:15 – 1:00 Sept 9 – Dec 16
Better Bodies Boot Camp 4:30 – 5:15 Sept 26– Dec 19		Drop-In Spin* 4:30 – 5:15 Sept 7 – Dec 21		

CLASS DESCRIPTIONS

All About Abs **FREE / Weekly**
Rae

A series of ab exercises to get that target area looking & feeling the way you want.

Better Bodies Boot Camp **\$ 99 / 12 Sessions**
Rae

Work out circuit-style in this demanding class. Learn new exercises, improve your technique and get ready to sweat!

Buttkick Boot Camp **\$ 99 / 12 Sessions**
Vanessa S.

A challenging circuit-style training format that will shape you up and tire you out. Find out how hard your body can go!

Drop-In Spin **\$ 8 / Drop-In**
Rae

Sweat it out to great tunes in this aerobic, calorie-burning cycling class.

Power Cardio **FREE / Weekly**
Amanda

This cardio class will be sure to get your heart rate up and muscles burning using primarily your own body weight!

HardCORE **FREE / Weekly**
Amanda

A new class aimed at adding an intense half-hour power session for the perfect ab-solution!

Power Pump **FREE / Weekly**
Vanessa S.

Train at your max with all the muscle-pumping action you can take and enhance your athletic performance.

Trim & Spin **FREE / Weekly**
Rae

A mixture of weights and short sprints to tone & tire you!

Yoga Flow **\$ 89 / 12 Sessions**
Vanessa S.

Having just returned from Bali, Vanessa will take you through a series of postures to build endurance, reduce stress and energize you in her new *Yoga Flow* class.

Yoga mat rental is available for \$2.
Prices listed above are member rates.

Fall Class Schedule

Classes in Green are FREE & for members only.

Classes in Purple are registered (paid) classes.

***Sign up is online for these classes. Check-in at front desk 5 minutes before class required for free and drop-in classes.**

Check out the [Class Descriptions](#) page for more information on classes. Contact us to register for classes, for non-member prices and for further details on any of our services.

We love having a minimum of 10 people for a registered class so encourage a friend or two to join you!